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metroLIFE

Vancouver metro

Your essential daily news | TUESDAY, JUNE 23, 2015 High 23°C/Low 15°C Partly sunny

Who picks up the tab?

Vancouver Coastal Health is pushing for summer festival organizers to pay for growing health-care costs at their events, much like they do for policing. JENNIFER GAUTHIER/FOR METRO

More coverage, metroNEWS

Business done in by anti-gay comments

LGBTQ

Owner posted homophobic remarks on social media

Thandi Fletcher
Metro | Vancouver

A Vancouver landscaping business is shutting down before it could even get off the ground after its owner became embroiled in social-media controversy for posting anti-gay comments on the company's Facebook page.

Geena Gill, owner of GeoPond EcoGarden, announced on Facebook early Sunday that her business, which she said was less than a month old and not yet registered, would no longer launch this month.

Gill has since changed the business name on the company's Facebook page to her own name and is using it as a platform to promote her views about religion and LGBTQ people.

When contacted by Metro on Monday, Gill confirmed that plans to officially launch her business are on hold because she wants to spend her summer with her family.

"I could be launching it around Christmas," she said. "I could be launching it in the fall. I can launch it whenever the hell I want."

She then launched into a profanity-laced tirade against this reporter and members of the LGBTQ community.

The move comes less than a week after her business drew fire from LGBTQ groups over several homophobic comments it posted on Facebook.

One of the comments read: "Being gay is a mental illness just like pedophilia." Later, the company also stated that it would no longer do business with members of the LGBTQ community.

Last week, Gill confirmed that she was the owner of the business and that she was responsible for posting the comments.

However, she refuted accusations that her comments are homophobic or discriminatory, instead stating that she is simply a "Bible-believing Christian."

REACTION

The Facebook page became the target of an onslaught of public criticism in recent days, with hundreds of people giving the company one-star reviews and posting angry comments that they would not be supporting the business.

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metro NEWS

Your essential daily news

Diddy arrested for alleged assault with kettlebell at UCLA campus

Mountie gets 30 months for lies in Dziekanski case

COURT

Const. Kwesi Millington sentenced to prison term

A British Columbia Mountie convicted of lying to a public inquiry into the death of a Polish immigrant has been sentenced to 2-1/2 years in prison.

RCMP Const. Kwesi Millington was found guilty of perjury earlier this year after a B.C. Supreme Court judge ruled he colluded with his fellow officers to fabricate testimony given at the inquiry looking into the death of Robert Dziekanski.

Millington jolted Dziekanski several times with a Taser after he and three other officers approached him at Vancouver's airport in October 2007. Dziekanski died on the floor of the airport.

The four officers were charged with perjury after their testimony to the inquiry and tried separately, resulting in two acquittals and two convictions.

Within hours of the sentencing on Monday, Millington's lawyer filed an appeal of the conviction.

Justice William Ehrcke said in his sentencing decision that perjury is a very serious offence that undermines the administration of justice, and Millington's lies hampered the public inquiry.

RCMP Const. Kwesi Millington faces 2-1/2 years in prison for perjuring himself during a public inquiry into the Tasering death of Robert Dziekanski. DARRYL DYCK/THE CANADIAN PRESS

> **That false explanation stood in the way of getting to a true explanation.**
> Justice William Ehrcke

"That false explanation stood in the way of getting to a true explanation," Ehrcke told the court.

Dziekanski's mother, Zofia Cisowski, wept openly in the packed gallery after the sentence was read.

Outside the court, she said that she's pleased that Millington is headed to prison.

"It's some justice, finally, after almost eight years," Cisowski said.

"I'm now shaking, but I start crying because I was waiting eight years (for) this sentence."

Dziekanski spoke no English and had been waiting at Vancouver International Airport for 10 hours. Police were called when he began throwing furniture in the international arrivals' area.

A bystander's video showed that within seconds of arriving, the officers surrounded the man and then shocked him with the Taser.

The officers all told the public inquiry that Dziekanski picked up a stapler and posed a threat. They were charged two years after their testimony. Millington was found guilty in February.

Millington's lawyer had asked for a one-year conditional sentence, while the Crown sought three years behind bars.

The judge said he had considered many factors in deciding the sentence, including the difficulties police officers have serving time in prison, and more than 50 letters people wrote to support the officer's character.

The sentence also needed to denounce the officer's actions and provide a deterrence, Ehrcke said.

Gordon Comer, spokesman for the B.C. Criminal Justice Branch, said Millington will begin his sentence on Monday but can apply for bail, pending a decision on his appeal.

Millington is the first to be sentenced. The other officer found guilty of perjury, former corporal Benjamin (Monty) Robinson, will be sentenced July 24.

Const. Bill Bentley and Const. Gerry Rundel were acquitted. Earlier this month, the B.C. Court of Appeal tossed out a bid by prosecutors to have Bentley's acquittal overturned.

THE CANADIAN PRESS

POLL

Premier's approval rating falls again

Between the escalating health researcher firings scandal and Vancouverites getting bent out of shape over her plan for yoga on the bridge, June wasn't a great month for Premier Christy Clark, a new poll appears to confirm.

Clark's approval rating slipped yet again to 30 per cent from 33 per cent in March, according to the Angus Reid Institute's quarterly public-opinion poll released Monday.

Clark's approval has declined steadily since its peak of 45 per cent in June 2013, shortly after the provincial election where she led the Liberals to a strong majority, according to the survey.

Her new rating makes her the third-least popular premier in the country, edging out New Brunswick Premier Brian Gallant at 27 per cent and Manitoba Premier Greg Selinger at 23 per cent.

The most popular premier remains Saskatchewan's Brad Wall, who enjoys 61 per cent support. In second place is newly appointed NDP Alberta Premier Rachel Notley with 53 per cent approval, but the poll was taken before her first throne speech where she indicated she intends to raise personal and corporate taxes.

The poll of more than 6,200 Canadians was taken from May 27 to June 7, before the peak outrage over Clark's plan to shut the Burrard Bridge for a massive yoga event. The premier eventually cancelled the event.

EMILY JACKSON/METRO

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COURT

Furlong tells trial of bribery attempt

For a payment of $5,000, John Furlong testified he was told that allegations he physically abused a former student decades earlier could be made to "go away."

Furlong told a civil court trial that the bribery attempt came just months before the 2010 Winter Olympics, as the former Vancouver Games boss was preparing for the international sporting event.

"That stunned me. It was a shocking moment. I sat at my desk and I wondered, is this about embarrassing me or embarrassing the Olympics?" Furlong told B.C. Supreme Court on Monday.

Furlong was testifying in his defence against a lawsuit by freelance journalist Laura Robinson. She is seeking damages for defamation over comments Furlong made after she wrote two articles carrying allegations about him.

The stories made allegations of abuse related to Furlong's work decades before as a physical education teacher at a Roman Catholic school mostly attended by First Nations students in British Columbia's Interior.

Furlong testified that a former Olympics staff member had approached him in the latter part of 2009, saying he had met someone who claimed he'd struck her. Furlong said he replied that if a former student had a "bad experience," he would like to meet them. He was also offered the opportunity to pay $5,000.

Furlong testified that he dropped his own defamation case against Robinson after his reputation had been restored when one woman abandoned her allegations and the courts dismissed two other lawsuits against him.

Last week, the Ontario-based journalist testified that Furlong's public comments have damaged her reputation, career and health. THE CANADIAN PRESS

WILDLIFE

Whale-watching app launched

A pod of orcas with impeccable timing was spotted swimming in the Burrard Inlet on Monday, the same day the Vancouver Aquarium launched their new cetacean sightings app.

The group of at least four killer whales made waves on social media after citizens spotted them from Stanley Park, where the aquarium was showing off its new app that lets "citizen scientists" report sightings of whales, dolphins, porpoises and sea turtles.

Called WhaleReport, the free app allows people to upload photos of the cetaceans and uses GPS to mark the exact location of the sighting. (It also includes a species identification guide for those that can't tell a Minke whale from a humpback whale.) People out of range can log sightings and submit them when they have cellular service.

By collecting information about where species are at what time of year and how they move over time, scientists can take action to help species at risk.

The B.C. Cetacean Sighting Network developed the app with funding from Mountain Equipment Co-op and Environment Canada.

The 15-year-old network already has a database of more than 83,000 sightings submitted by more than 4,000 people by phone, email, through the website and using paper logbooks. The app is expected to make it even easier for people to report sightings.

THE CANADIAN PRESS

SEXUAL ASSAULT

Sentencing begins for support worker

A community support worker who stripped a young man and shaved his body hair after he passed out should serve four years in prison, a Crown lawyer has argued.

"He was essentially flaunting his power over a disadvantaged young man," Chris Balison said, adding Michael Hume continues to deny his actions.

Hume, 48, was convicted in January of sexual assault, unlawful confinement and uttering threats after the August 2013 assault at his home in Lytton, B.C.

Hume's defence lawyer, Richard Kaiser, said his client should serve 90 days in jail, on weekends, along with three years' probation.

"Mr. Hume is at a low risk to reoffend," Kaiser said.

THE CANADIAN PRESS

This screengrab of a YouTube video, posted on June 20, shows a man jumping off a speedboat onto the back of a moose as it tries to cross a body of water in northern B.C. YOUTUBE

Moose-jumper's in hot water, if found

FORT ST. JOHN

Fine for animal harassment can be $345 to $100,000

Thandi Fletcher
Metro | Vancouver

Conservation officers are investigating after a video surfaced online showing a man leaping off a speedboat onto the back of a moose as it tries to cross a body of water in northern B.C.

The video, which was reportedly filmed on a lake near Fort St. John, was posted to YouTube on June 20 by the user "Wolftracker TV."

The video shows a boat speeding behind a swimming moose. A man on the boat then jumps from the front of the boat onto the back of the animal, riding it for a short distance while triumphantly pumping a fist in the air.

"I've never seen something so awesome," a man can be heard yelling on the video.

Chief conservation officer Doug Forsdick disagrees.

"I certainly wouldn't call it 'awesome,' " he told Metro. "It's actually kind of painful to watch an animal going through that kind of stress. It's a bit shocking to see that type of behaviour."

> **"It's actually kind of painful to watch an animal going through that kind of stress.**
> Chief conservation officer Doug Forsdick

Forsdick said the Conversation Officer Service saw the video Monday morning and is now investigating.

The video first surfaced on Facebook before being posted to YouTube, and he said conservation officers have been able to identify some of the men in the video.

Forsdick said the men could face animal harassment charges, an offence under the B.C. Wildlife Act. Fines range from $345 to a maximum of $100,000, he said.

"There's the distress to the animal," he said. "The other piece is they're extremely strong animals and the risk to an individual's safety can be significant. There have been fatalities from moose that have attacked people before in enclosed situations."

WITH FILES FROM TORSTAR NEWS SERVICE

ARCHEOLOGY

Ancient campsite reveals B.C.'s prehistory

Impressions of human footprints were discovered by researchers on Calvert Island. THE CANADIAN PRESS

Evidence of what could be the oldest family camping trip in North America has been discovered below the shoreline of a remote British Columbia island.

Fossilized human footprints believed to be of a man, woman and child and estimated to be more than 13,000 years old were discovered at Calvert Island, which is located on B.C.'s central coast and is accessible only by boat or float plane.

Remnants of an ancient campfire were found nearby.

Archeologist Duncan McLaren said radiocarbon dating indicates the charcoal materials are 13,200 years old, and he is preparing to duplicate those tests to confirm the results.

"We're very excited about it," he said.

Fossilized human footprints, especially footprints more than 10,000 years old are rare. McLaren said the oldest human footprints in the Americas are 14,500 years old and were found at a site at Chile's Monte Verde.

Sites in Washington, Oregon and Alaska also confirm human activity more than 14,000 years ago but they do not have fossilized footprints, said McLaren.

McLaren said the footprints illustrate how long people have lived along B.C.'s coast. He said the Calvert Island footprints are 800 years older than human footprints discovered on nearby Haida Gwaii.

"Often in Canada and North America the history of the land is glossed over as being very recent, but if you look at the archeology it's showing there's a very long-term history of occupation and land use going back 13,000 years."

THE CANADIAN PRESS

Festivals asked to carry medical costs

EVENTS

VCH says big events put extra strain on health system

Thandi Fletcher
Metro | Vancouver

As summer festival season gets underway, a local health authority is calling for organizers of events along the sea-to-sky corridor to look at covering extra medical costs associated with their large-scale gatherings in the future.

Anna Marie D'Angelo, spokeswoman for Vancouver Coastal Health, said the health authority spent more than $125,000 on care costs relating to six festivals and sporting events in Squamish, Whistler and Pemberton last summer.

"It's not a large amount but it is adding up," D'Angelo said.

The call comes after Vancouver Coastal Health tracked for the first time medical costs associated with six major events last summer. The events included the Pemberton Music Festival, the Squamish Valley Music Festival, and sporting events like the Tough Mudder.

D'Angelo said the events, which draw tens of thousands of people, put immense pressure on the health care resources of small communities, with costs ranging from $3,000 to $15,000 for each event.

While some events and festivals hire their own medical teams to provide first aid on-site, D'Angelo said it's not enough.

She said Vancouver Coastal Health is hoping to work with festival organizers and local municipalities in the future to come up with a cost-sharing plan.

Pemberton Music Festival will draw tens of thousands of visitors to Pemberton this summer. JENNIFER GAUTHIER/FOR METRO

HEALTH

Abbotsford teens overdose on GHB

Emily Jackson
Metro | Vancouver

Abbotsford police are warning the public about the dangers of street drugs after three teens overdosed on a common date-rape drug on Sunday evening.

Police and B.C. Ambulance were called to Mill Lake Park around 6:45 p.m. after a caller reported three friends were vomiting and convulsing after taking GHB (Gamma Hydroxybutyrate), according to a statement from Abbotsford police Const. Ian MacDonald.

A 19-year-old male and 15-year-old female were found unresponsive, and a 17-year-old female was found semi-conscious. All three were rushed to hospital in serious condition.

The teens are expected to survive although the extent of the damage is unknown.

The police department offered thoughts and support for the teens and their families during their recovery, but also reminded people street drugs are inherently dangerous.

GHB — a clear, tasteless liquid used at raves and clubs — is widely known as a date rape drug due to its sedative effects.

The drug is often cut with unknown additives and ingredients that can have unknown effects and serious consequences, including death, MacDonald said in the statement.

SURREY

Taxi driver stabbed, robbed by passenger

A Surrey taxi driver is recovering from non-life-threatening injuries after he was stabbed and robbed by a passenger early on Sunday morning.

The driver picked up a man near 108 Avenue and 144 Street around 5:30 a.m., according to his report to Surrey RCMP.

Minutes into the trip on the 13300 block of 105A Avenue, the passenger produced a knife, stabbed the driver in the arm and hand, grabbed the driver's wallet, cash and cell phone and fled from the scene.

The driver, a man in his 50s, got out of the cab and was assisted by passersby before being transported to hospital. He has since been released.

Surrey RCMP and members of the canine squad attempted to track the man but were unsuccessful. He was last seen running west on 105A Avenue.

The suspect is described as a slender man with dark skin, wearing black pants and a black hoodie with the hood up.

TIPS

Anyone who saw the man prior to being picked up by the taxi driver, observed the assault or saw the man running away is asked to call Surrey RCMP at 604-599-0502 or Crime Stoppers at 1-800-222-8477.

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Man acquitted of killing wife, 45 years after death

TORONTO

75-year-old maintained his innocence from the start

A senior citizen who spent more than half his life branded as his wife's killer finally cleared his name on Monday amid new evidence that she died of natural causes.

The Ontario Court of Appeal formally acquitted John Salmon of manslaughter in the 1970 death of Maxine Ditchfield, reversing a verdict that once sent him to prison for nearly four years.

"I'm ecstatic," Salmon said outside court. "I'm happy, I'm pleased I finally got this closure."

The former welder, now 75, was originally convicted after a jury decided he beat Ditchfield to death in a drunken rage. But Monday's court decision was based on evidence, unearthed by the Association in Defence of the Wrongly Convicted, that she died of injuries from several falls after having a stroke.

Salmon's son Randy said he hoped the acquittal would start to mend the damage done to his father, and prompt a different response from people who have shunned him for decades.

"Hopefully, now that this is done, people will show a little compassion towards him that he was wronged," Randy Salmon said. "He had to live with that for 45 years. He's free and should be free."

Salmon's ordeal began in September 1970 after Ditchfield fell out of her chair during a night of heavy drinking with friends in Woodstock, Ont.

Margaret Salmon and husband John Salmon raise their hands in victory as they exit Osgoode Hall with their son Randy Salmon, far right. BERNARD WEIL/TORSTAR NEWS SERVICE

Salmon told his trial that his common-law wife became increasingly clumsy and fell several more times in the hours after her initial tumble. He eventually called a doctor after she became unresponsive. Ditchfield died in hospital the next day.

An autopsy determined she had sustained several head injuries delivered with "extreme force." Pathologist Dr. Michael Dietrich told Salmon's trial that her injuries were from a severe beating.

> **Hopefully, now that this is done, people will show a little compassion towards him that he was wronged.**
> Randy Salmon, son of John Salmon

Salmon, who argued unsuccessfully he had not harmed her, maintained his innocence long after he was granted parole in 1974. He enlisted help from the advocacy group in 2000 after learning of Steven Truscott's decades-long battle to clear his name of a wrongful murder conviction.

Three pathologists the group hired to re-examine the medical evidence concluded Ditchfield's injuries weren't consistent with a beating. They found her falls had damaged one of her arteries, caused a blood clot to form and triggered a fatal stroke.

In court Monday, prosecutors apologized to Salmon for what they called a miscarriage of justice.

Randy Salmon said the saga has done lasting damage that can't be redressed by the court decision. His childhood was marred by seeing the father he idolized turn into an unhappy, emotionally remote man after his prison sentence, he said.

But if Monday's decision can't address the past, he said, he hoped it would bring greater peace to his father's twilight years.

"It's going to lift that burden. He's a free man."

THE CANADIAN PRESS

Senator Don Meredith
TORSTAR NEWS SERVICE

SENATE

Lawyer hired by Meredith

A senator facing published allegations that he had a sexual relationship that ended earlier this year with a 16-year-old girl has hired a lawyer.

Ottawa law firm Conway Baxter Wilson LLP issued a statement on Sunday saying Baxter has been retained "with respect to proceedings" of the Senate Ethics officer and a Senate committee, but does not provide further details. Senate Speaker Leo Housakos said last week that he referred the allegations involving Meredith to the ethics officer.

Meredith quit the Conservative caucus last week after the Toronto Star reported that a woman, who is now 18, said she had a sexual relationship with him that began shortly after she turned 16.

The Senate is also conducting what it calls a workplace assessment.

Although there is no formal complaint against him, Senate sources have confirmed that the review is looking into allegations against Meredith of verbal abuse, bullying and sexual misconduct in the workplace.

Meredith is now sitting as an Independent.

A spokesman for the law firm did not immediately return an email requesting further comment.

THE CANADIAN PRESS

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Stars and bars must go: South Carolina governor

SOUTH CAROLINA

Confederate flag bipartisan target after massacre

South Carolina's governor declared Monday that the Confederate flag should be removed from the grounds of the Statehouse, reflecting what she described as a new consensus that the slayings of nine black churchgoers mandate that the divisive symbol be taken down.

Republican Gov. Nikki Haley's about-face comes just days after authorities charged Dylann Storm Roof, 21, with murder. The young white man appeared in photos waving Confederate flags and desecrating U.S. flags, and purportedly wrote of fomenting racial violence. Survivors told police he hurled racial insults during the attack.

Jennice Barr, 10, leaves a message on a board set up in front of the Emanuel African Methodist Episcopal Church after a mass shooting at the church killed nine people, on June 22.
JOE RAEDLE/GETTY IMAGES

"The murderer now locked up in Charleston said he hoped his actions would start a race war. We have an opportunity to show that not only was he wrong, but that just the opposite is happening," she said, flanked by Democrats and Republicans, blacks and whites who joined her call.

"My hope is that by removing a symbol that divides us, we can move our state forward in harmony, and we can honour the nine blessed souls who are now in Heaven," Haley said.

The Wednesday night massacre inside the Emanuel African Methodist Episcopal Church has suddenly made removing the flag - long thought politically impossible in South Carolina — the go-to position, even for politicians who have counted on the votes of disaffected white people in Republican primaries.

Haley was flanked by U.S. Sen. Lindsey Graham, now running for president, as well as South Carolina's junior senator, Tim Scott, a black Republican, and its only black House member, Democratic Rep. Jim Clyburn. Within moments, her call was echoed by the chairman of the Republican National Committee and Senate Majority Leader Mitch McConnell. THE ASSOCIATED PRESS

GREECE

Bailout deal possible

Greece has finally offered economic reforms that creditors consider potentially acceptable, giving Prime Minister Alexis Tsipras a couple days to turn a spirit of goodwill into a deal that might keep the country from a painful exit from the euro currency.

Even though a firm deal to get Greece more loans remained elusive Monday, leaders from the 19 euro nations and the International Monetary Fund said Tsipras' new reforms plan offered the basis to break a four-month deadlock in talks.

Uncertainty over Greece has sapped confidence in global markets, particularly in Europe, and threatened the financial future of Greeks.

Since coming to power in January, the new government has refused to make more budget austerity measures, which it blames for devastating the economy. It has since softened its approach, but it remains reluctant to take all steps creditors demand.
THE ASSOCIATED PRESS

SPAIN

Village of 'Camp Kill Jews' restores pre-Inquisition name

The tiny Spanish village of Castrillo Matajudios — which means "Camp Kill Jews" — on Monday officially changed its name back to Castrillo Mota de Judios ("Jews' Hill Camp") following a referendum and regional government approval.

The village, with about 50 inhabitants, voted to change the name in 2014 after the mayor argued that the term was offensive and that the village should honour its Jewish origins.

Documents show the villages' original name was "Jews' Hill Camp" and that the "Kill Jews" name dates from 1627, after a 1492 Spanish edict ordering Jews to become Catholics or flee the country. Those who remained faced the Spanish Inquisition, with many burned at the stake.

Although Jews were killed in the area, researchers believe the village got its recent name from Jewish residents who converted to Catholicism and wanted to reinforce their repudiation of Judaism to convince Spanish authorities of their loyalty.

Others suspect the change may have come from a slip of the pen.

Although no Jews live in the village today, many residents have ancient Jewish roots and the town's official shield includes the Star of David.
THE ASSOCIATED PRESS

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Former U.S. Federal Reserve chief Ben Bernanke.
MICHELLE SIU/THE CANADIAN PRESS/THE ASSOCIATED PRESS FILE

U.S. FEDERAL RESERVE

Keep Hamilton on $10 bill: Ex-chief

Former Federal Reserve chief turned blogger Ben Bernanke is calling for the U.S. Treasury to abandon plans to drop Alexander Hamilton from his featured spot on the $10 bill and to dump Andrew Jackson from the $20 instead.

Bernanke wrote Monday that he is "appalled" by Treasury Secretary Jacob Lew's plans to replace Hamilton with a woman. In a post entitled "Say it ain't so, Jack," Bernanke wrote that adding a woman is "a fine idea, but it shouldn't come at Hamilton's expense." He called the first treasury secretary "without doubt the best and most foresighted economic policymaker in U.S. history."

By contrast, Jackson, president from 1829 to 1837, was "a man of many unattractive qualities and a poor president." Jackson opposed attempts to establish a U.S. central bank.

The U.S. Treasury last week revealed plans to put a woman on the $10 note, which has featured Hamilton since 1929. Candidates include Harriet Tubman, Eleanor Roosevelt and Rosa Parks.

White House spokesman Josh Earnest said the $10 bill "is under review by the appropriate authorities for upgraded redesign for security purposes.... And that is why the discussion is happening in the context of the $10 bill."
THE ASSOCIATED PRESS

IN BRIEF

CBC Radio 2 ad revenue falls short of expectations

The CBC's experiment with paid advertising on CBC Radio 2 and Espace Musique raised $1.1 million in revenue in 2014, well below the $10 million the public broadcaster had hoped for.

The new revenue was not enough to cover an $18.2-million decline in government funding, as total revenue for the CBC's radio services fell to $287.6 million for the year. According to the CRTC's annual report, parliamentary funding for CBC radio fell from $295.5 to $277.3 million in 2014.
THE CANADIAN PRESS

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TSX 14,790.48 (+137.36)

OIL $60.38 US (+0.41¢)

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NATURAL GAS: $2.733US (-8.3¢)
DOW JONES: 18,119.78 (+103.83)

House affordability is in decline: RBC

REAL ESTATE

Vancouver, Toronto down, Alberta up: Q1 report

A report by RBC Economics says housing affordability continued to decline in Toronto and Vancouver, while conditions for homebuyers improved in Alberta during the first quarter of the year as lower oil prices caused the real-estate market to soften.

RBC says mortgage rate cuts improved the affordability of homes in many Canadian housing markets where prices didn't accelerate too rapidly.

That offset rapid price growth in Toronto and Vancouver, leaving national affordability levels relatively flat.

RBC says demand in softer markets such as Montreal and Ottawa began to pick up.

The RBC Housing Affordability study measures the proportion of household income that is needed to service the costs of owning a home at current market values.

On a national level, RBC says affordability edged 0.3 percentage points lower for condos to 27.1 per cent, while for detached homes it declined 0.2 percentage points to 47.9 per cent.

The bank predicts that rate hikes from the central bank, which is expected to raise its trend-setting overnight interest rate next year, are likely to erode affordability.

"Exceptionally low interest rates have been a key factor keeping housing affordability levels in a largely manageable state in recent years," Craig Wright, RBC's senior vice-president and chief economist, said in a statement.

"The knock-on effect of the anticipated rise in rates would be most visible in high-priced markets." THE CANADIAN PRESS

47.9%

RBC says the affordability of detached homes at the national level currently rests at 47.9 per cent.

27.1%

RBC adds that condo affordability across Canada has decreased to 27.1 per cent.

> **Exceptionally low interest rates have been a key factor keeping housing affordability levels in a largely manageable state.**
> RBC senior vice-president Craig Wright

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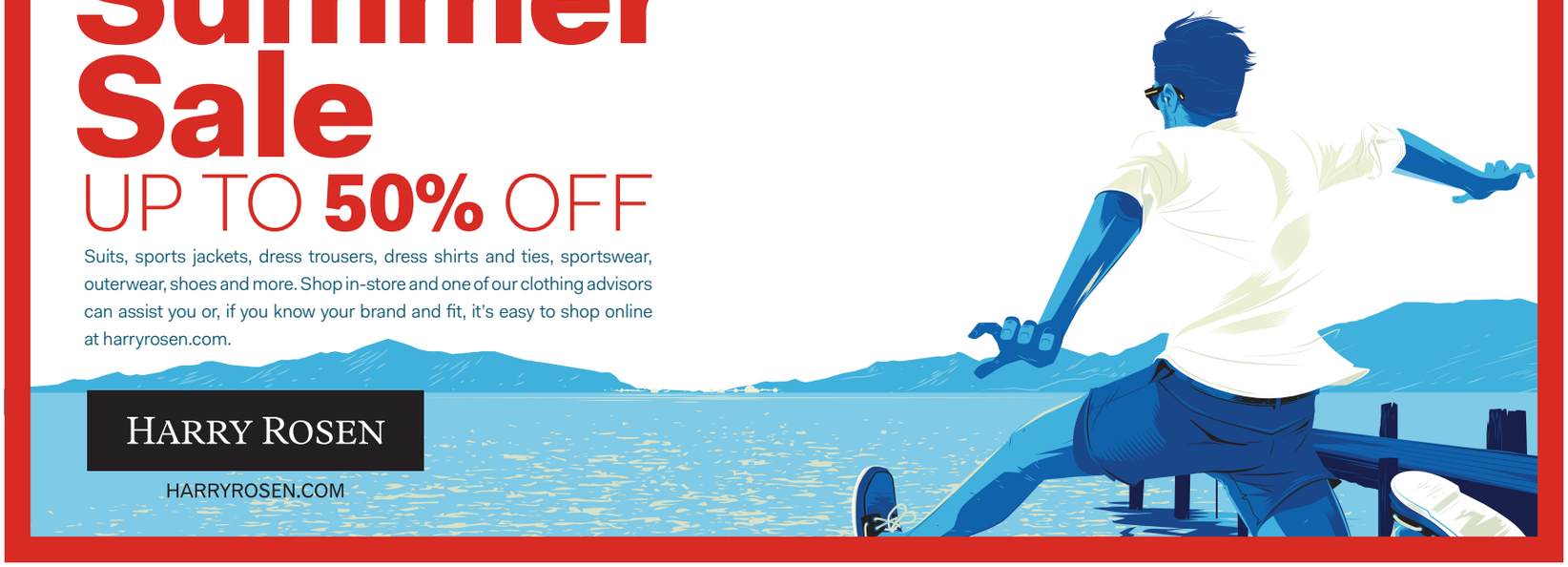

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metro VIEWS
Your essenti
Tuesday, June 23, 2015

THE BIG THING: FRIEND OR FOOD?

Despite a collective howl from online activists, this week's dog-meat festival in Yulin, China, is going ahead. A Change.org petition demanding the event's cancellation earned nearly four million signatures — to no avail. But why do most of us happily chow down on bacon, lamb or veal but cry cruelty when man's best friend is on the table? Turns out the answer is complicated. SOURCE: BBC

1 **Cute enough to eat** The thought of 10,000 dogs being slaughtered for a summer-solstice celebration is revolting to most Westerners and many Chinese pet lovers as well — including the retired teacher who spent 7,000 yuan ($1,400) to spare 100 dogs. But one person's crime is another's delicacy, and it all comes down to culture.

2 **A dog's life** Research suggests people believe the animals they love the most have the most complex inner lives. Dogs may not be the Einsteins of the animal kingdom (dolphins are a better candidate), but we may make assumptions about their smarts because they have special skills. Dogs are excellent at forming social bonds and reading human body language, says psychologist Thalia Gjersoe. In much of China, dogs are working animals.

3 **The 'ick' factor** It's not just about love for our four-legged friends. "To most Westerners, eating your dog is an abomination," writes Guardian science writer Kathleen Taylor. "Disgust is contagious. We catch it easily from others, and it tells us what's acceptable and what isn't."

On Car Free Day, reflect on the goals for our city

YOUR RIDE

Karen Quinn Fung

This Sunday, Vancouver's Grandview Woodlands neighbourhood saw its 11th Car Free Day street festival take place over 15 blocks of pedestrianized roadway on Commercial Drive. Car Free Day's appeal is immediate — the street is open for people to take part in the life of the neighbourhood and season.

Partaking in the event doesn't require knowing that it was originally convened as a protest against the expansion of road capacity on the Port Mann Bridge and the cycle of car dependence. We know that's what happens when expansion succeeds, to the detriment of residents throughout a metropolitan region.

That battle was lost, but new fights in the same vein continue to come. In the case of the Grandview Woodland Community Plan, it's literally on the doorstep.

For those living off the Drive, the entry point to the neighbourhood is the intersection of Commercial Drive and Broadway. Its SkyTrain station is extremely busy, seeing tens of thousands of transfers every day to key destinations like UBC, health providers at Central Broadway, or to jobs downtown.

It was furor over the vision for the future of the same intersection that prompted city council in 2013 to direct staff to convene a citizens' assembly to sort through the thicket of priorities. About 50 local residents reflected on the area's character and the forces of change already in play, to arrive at statements of community values — including defining appropriate transit-oriented development for Commercial and Broadway.

Last week, the assembly released its report, supporting a large public plaza on the site currently occupied by Safeway, along with a mixed-use building up to 12 storeys high at the north-east corner of the site.

Standing in the middle of the street during a pedestrianized Commercial Drive, you might wonder where and how exactly we draw the line at "density that isn't neighbourly" — something, the assembly noted, that is vehemently opposed by many residents.

We have to keep our region's goals in mind: reducing the amount of space devoted to transportation and parking, living the courage of our convictions as an inclusive and welcoming place and reducing vehicle emissions to slow climate change. If we do those things, we'll grasp that maintaining our quality of life while involving fewer cars and promoting density is not only possible, but surprisingly delightful.

Density can be a chance to enrich and enhance our lives — if we skillfully repurpose the space we get back when we travel more often by other means.

Maintaining our quality of life while involving fewer cars and promoting density is not only possible, but surprisingly delightful.

If Car Free Day and the efforts of the citizens' assembly are any indication, that's a challenge Grandview Woodland has already demonstrate itself willing and able to tackle.

Karen Quinn Fung writes on sustainable transportation issues and policy. Find her @counti8 on Twitter.

ROSEMARY WESTWOOD

metroview

Forgiveness offers a neat, morally elevated conclusion

Forgiveness on the scale taking place in Charleston, S.C., is incredible to watch.

At the bond hearing for racist mass killer Dylann Roof, the families of nine people he shot dead in a church had one unifying message.

"I will never be able to hold her again, but I forgive you and have mercy on your soul," said the daughter of one victim. Other mourners repeated the sentiment.

That confounded some media types, including one CNN presenter who asked the son and granddaughter of the slain pastor how they could forgive. They cited their faith, the faith of the victims and their duty as Christians to transform an act of hatred with a response of love. It was an idea echoed on Sunday at the first mass at Emanuel African Methodist Episcopal Church since the attack, when the reverend said, "The nine families get it."

Forgiveness is not the end of any story.

On this side of the border, another act of great forgiveness recently resurfaced when the RCMP arrested a man in connection with the kidnapping of Amanda Lindhout. Captured while working as a freelance journalist in Somalia in 2008 and then tortured for 15 months, Lindhout has since preached a message of forgiveness, especially toward the young boys who guarded her.

In both cases, we, the public, are left awed and enthralled. There's an instinct to understand these people, to celebrate and even worship them a little. Our fascination with their forgiveness has a way of overwhelming the story. It offers a neat, morally elevated conclusion to something horribly complex. It can even feel as if — in witnessing a victim forgive a heinous act — we might all be absolved.

But forgiveness is not the end of any story. And it does not save us from the ways we, too, are culpable.

We are part of societies that still breed racism and we should be held accountable for whether we try to change that. There is suffering in other parts of the world that turns boys into torturers, and we have a responsibility to at least understand — and perhaps help alleviate — that suffering. Lindhout thought as much when she travelled to Somalia to report in 2008, and thinks so now, having established a charity there.

Forgiveness itself is beautiful. But mourners in Charleston have been speaking of it as a way forward, as a way through to something else, something better.

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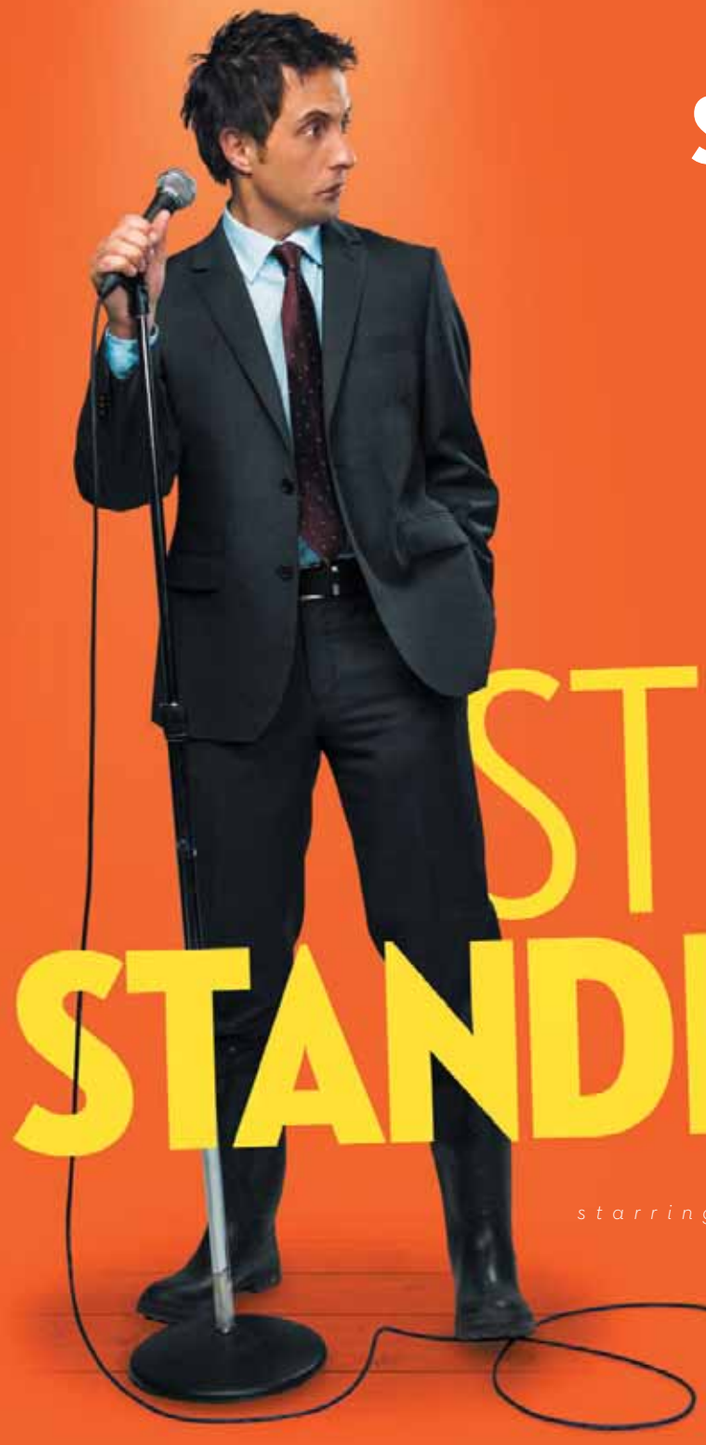

"MY CONTACT LENSES ARE STUCK TO MY EYEBALLS AND MY MASCARA'S ALL GONE"

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Your essential daily news

NBC exec says Marilyn musical on Smash is coming to theatres thanks to show's 'rabid fan base'

Breathing easier with the flu

RESEARCH

Drug shows promise in fighting fatal flu symptoms

Megan Haynes
For Metro | Life

Researchers from St. Michael's and Sunnybrook hospitals think they have found a way to prevent people from dying from the flu.

Between 2,000 and 8,000 people die annually as a result of complications from the virus, according to the Public Health Agency. Another 12,000 are hospitalized, says Dr. Warren Lee, the head researcher behind this study, which was recently published in the journal Scientific Reports.

Regardless of the strain of flu (be it avian, swine or other), the leading cause of death is respiratory failure, says Lee, who is also a physician in the critical care unit at Toronto's St. Michael's. When someone has the flu, tiny blood vessels in the lungs start leaking fluid, causing them to fill up, making it difficult to breathe.

A study of this past season's flu vaccine found it was only 23 per cent effective. While doctors say the annual vaccine is still needed, new research is targeting the respiratory failure that is the leading cause of death among flu patients. TORSTAR NEWS SERVICE

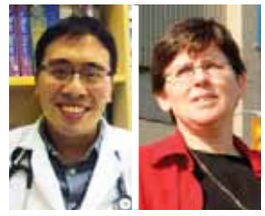
> **What we need (is) more alternative treatments to the ones currently available.**
> Dr. Danuta Skowronski, epidemiology lead for influenza and emerging respiratory viruses at the BC Centre for Disease Control

Lee says rather than try to inoculate people against the virus (of which there are scores of variations that are constantly mutating), researchers decided to target the body's response to the flu by stopping the blood vessels from leaking.

The team tested the drug Vasculotide on mice and found 80 per cent of those that received it survived whichever virus they were infected with, compared to the 100 per cent death rate for mice that didn't. Lee says Vasculotide was effective against three different types of viruses (including H1N1, the swine flu that's killed more than 400 people since 2009).

This isn't a cure for influenza, he says, but rather a way to help the body fight off the deadliest symptom, which disproportionately affects those with weaker immune systems such as children and the elderly.

This is a timely discovery as a study of the 2014-15 season's flu vaccine, which protects against three or four of the most dominant strains of influenza, found it was only 23 per cent effective, says Dr. Danuta Skowronski, epidemiology lead for influenza and emerging respiratory viruses at the BC Centre for Disease Control. In fact, one strain, the H2N3, had an effectiveness rate of zero, she adds.



Dr. Warren Lee, left, and Dr. Allison McGeer. CONTRIBUTED

There are a number of issues that plague the annual shot, says Dr. Allison McGeer, director of infectious control at Toronto's Mount Sinai Hospital. For one, the virus is constantly mutating, adapting to protect itself against potential cures.

Beyond requiring people to get inoculated each year (resulting in people opting out from getting the vaccine because of the hassle), it also means researchers are constantly having to tweak the formula. And because it changes so quickly, they don't have as much time as needed to actually study the virus, resulting in a vaccine that isn't as effective as one might hope. A "cure" for the flu — that is, one shot that protects against all strains administered every few years — is still decades away.

The shot isn't as effective in older people or those who have chronic underlying illnesses, McGeer says — and those are people who are typically most at risk for complications as a result of the flu.

None of the doctors recommended doing away with the annual vaccine. "What we need (is) more alternative treatments to the ones currently available," says Skowronski.

That's where Lee's research comes in. Though the initial test run was positive, he says it's still a ways off before the treatment is available for human patients. First, the doctors have applied for a patent on the drug, and will then start shopping around for more research funding. However, bringing a drug like Vasculotide to market is a costly endeavour and isn't likely to happen without government or private (such as a pharmaceutical company) backing. The drug likely won't be available for 10 years, he says.

In the meantime, he hopes to test the treatment on other forms of disease that cause leaky lungs, such as pneumonia.

PATIENT CARE

Too many imaging tests for early-stage breast cancer: Study

Women with early-stage breast cancer are getting unneeded followup imaging tests that are clogging the health-care system and wasting millions of dollars, a new study reports.

Canadian and international guidelines say that most women diagnosed with Stage 1 or Stage 2 breast cancer don't need additional MRIs or CT scans because the risk that their cancer has spread is very low.

And yet a study of all early-stage breast cancer diagnoses in Ontario between 2007 and 2012 found that 86 per cent of those women had at least one additional scan after their diagnosis and most had multiple scans.

In fact, the average was nearly four scans per woman. The scans were to see if the cancers had moved into the bones, lungs, abdomen or pelvis.

"I think the bottom line really is that this massive provincial data set tells us that the system has gone astray and now is the time to really help enhance patient care," Dr. Mark Clemons, the paper's senior author, said in an interview.

Clemons is a professor of medicine at the University of Ottawa and a clinician at the Ottawa Hospital. The study is published in this week's Canadian Medical Association Journal.

Multiple evidence-based guidelines that are issued to help doctors make decisions about the appropriate way to practise advise against doing additional tests on women with Stage 1 or 2 breast cancer to see if their cancers have spread.

Those guidelines don't apply if the women have symptoms that would suggest their cancers have progressed — things like back ache or shortness of breath. But metastasis — spread — is rare when breast cancer is detected in the early stages, Clemons said.

> **0.2-1.2%**
> **The chances that a Stage 1 patient will have metastases that can be picked up on a scan are remote — 0.2 per cent, the study says. For Stage 2 breast cancer, the rate is just 1.2 per cent.**

Given how unlikely it is that the cancer will have spread, expert groups have concluded the risks associated with additional imaging tests outweigh the benefits women might get from them.

For the individual women, those risks include unnecessary exposure to radiation — which is itself a cancer risk — as well as the fact that their treatment might be delayed as their doctors wait for the results of the additional tests.

The unneeded tests also create problems for the health-care system and for patients with other diseases who need MRIs and CT scans.

"It actually shows that doing more is certainly not better," Clemons said of the study.

Clemons said the researchers cannot tell from the data why women are getting so many tests against the advice of the practice guidelines. The group is conducting a study in which they are talking to women and doctors to uncover what is behind the decisions to order the extra testing. THE CANADIAN PRESS

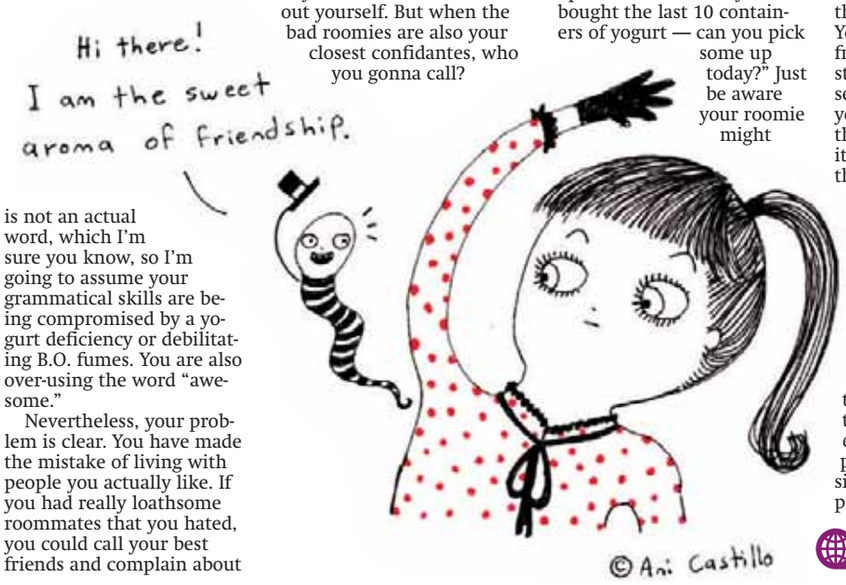
URBAN ETIQUETTE ELLEN VANSTONE

The question How do I deal with bad roommates who are also good friends?

Dear Ellen,
I live with my two bestest friends and they are awesome, and we're all the same size so we share everything, so my wardrobe has tripled, which is awesome, but the problem is sometimes one of them eats all my yogurt and says she'll buy the next container, but she never does, and the other one puts clothes back with a B.O. smell on them which I don't notice till I'm out wearing the clothes myself. Advice? — D.R.

Dear D.R.,
Just to clarify: "bestest" is not an actual word, which I'm sure you know, so I'm going to assume your grammatical skills are being compromised by a yogurt deficiency or debilitating B.O. fumes. You are also over-using the word "awesome."

Nevertheless, your problem is clear. You have made the mistake of living with people you actually like. If you had really loathsome roommates that you hated, you could call your best friends and complain about the bad roomies, and eventually throw them out or move out yourself. But when the bad roomies are also your closest confidantes, who you gonna call?



You could choose to be open and direct: "Hey I bought the last 10 containers of yogurt — can you pick some up today?" Just be aware your roomie might think they bought the last 10 containers — at which point you have two more choices: You can start labelling containers and keeping grocery receipts to track who's purchasing what; or you can resign yourself to being the unsung yogurt provider for as long as you both shall cohabit.

As for the smelly clothes, that's a bit more delicate. You don't want to tell your friend that he/she literally stinks. You could try the semi-direct route: "Hey, can you just throw my stuff in the laundry after you wear it?" Or, with precious items that can't go through the wash, tell both your roommates you need to place certain pieces of precious clothing in an off-limits section of your closet. They may not care, but if either one is offended, your only choices at this point are to tell your friend the uncomfortable truth, or resign yourself to taking the rap for someone else's B.O. in public — perhaps not the worstest situation if it means saving a precious friendship.

Need advice? Email Ellen at scene@metronews.ca

SUNSCREEN

Sun protection factor (SPF) confuses many consumers

A recent American study, published June 17 in the JAMA Dermatology journal, revealed that large numbers of consumers are lost when it comes to the terminology on the bottles of sunscreen they buy, a confusion that could lead to sunburns or worse. Though most follow the basic rules of sun protection, many don't know what they are buying, according to researchers.

"They think that SPF means everything," says Dr. Roopal Kundu, a dermatologist in charge of this study. "Just because you buy SPF 100 doesn't mean you are 100 per cent protected. Staying out of the sun is the only way to guarantee 100 per cent protection." AFP

40%

Less than 40 per cent of participants could explain how sunscreen protects them, and 43 per cent didn't know the definition of SPF (Sun Protection Factor).

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SOUND CHECK

Alan Cross

If things had gone according to plan, I would have spent Friday night at Wembley Stadium in London watching the Foo Fighters play the first of two sold-out shows. But a week earlier, Dave Grohl lost himself in a performance of Monkey Wrench at a festival in Sweden and walked right off the stage, badly breaking the fibula in his right leg.

After surgery to insert six screws to set him right again, his doctors told him to take a couple of weeks off to let things heal lest he develop a permanent limp. He may be a rock 'n' roll superman, but Dave heals like any other 46-year-old.

This has been a bad year for musicians hurting themselves in the middle of concerts. It began with Madonna's cape malfunction at the Brit Awards back in February. As one wag put it, this was a case of "too much material, girl." It was an embarrassing tumble, but the only thing hurt was her pride.

Then May 14 in Vancouver, the Edge was strolling on U2's brand new Innocence + Experience stage, calmly playing I Still Haven't Found What I'm Looking For when he, well, went over the edge. There was a nice scrape down his right arm, but he was otherwise okay.

Next was a drone attack. During a gig in Tijuana in May, Enrique Iglesias reached up to grab a camera-equipped drone that had been buzzing the 12,000 people in the audience. As part of the show — and something he'd done a number of times before — he snatched the drone out of the air.

This time, though, the propellers sliced into his hand and fingers, causing a distressing loss of blood.

He was airlifted to L.A. after the show and after emergency reconstructive surgery, he cancelled a series of shows.

And then there was the 5 Seconds of Summer concert at Wembley Arena back on June 15 when guitarist Michael Clifford caught on fire. A pyro effect misfired and hit Clifford right in the head. There was a flash of fire followed by a plume of smoke.

It was shades of when Metallica's James Hetfield nearly combusted completely at Olympic Stadium in Montreal back in 1992.

You know what this means? Higher insurance policy premiums, which inevitably are passed on to consumers in the form of higher ticket prices.

Please, people. Let's be careful out there.

Above left: Michael Clifford of 5 Seconds of Summer after pyrotechnics misfired onstage. Top right: Dave Grohl broke his leg after falling off the stage during a performance in Gothenburg. Bottom right: Madonna had a cape malfunction at the Brit Awards. MICHAEL CLIFFORD/TWITTER; FOOFIGHTERS.COM; GETTY IMAGES

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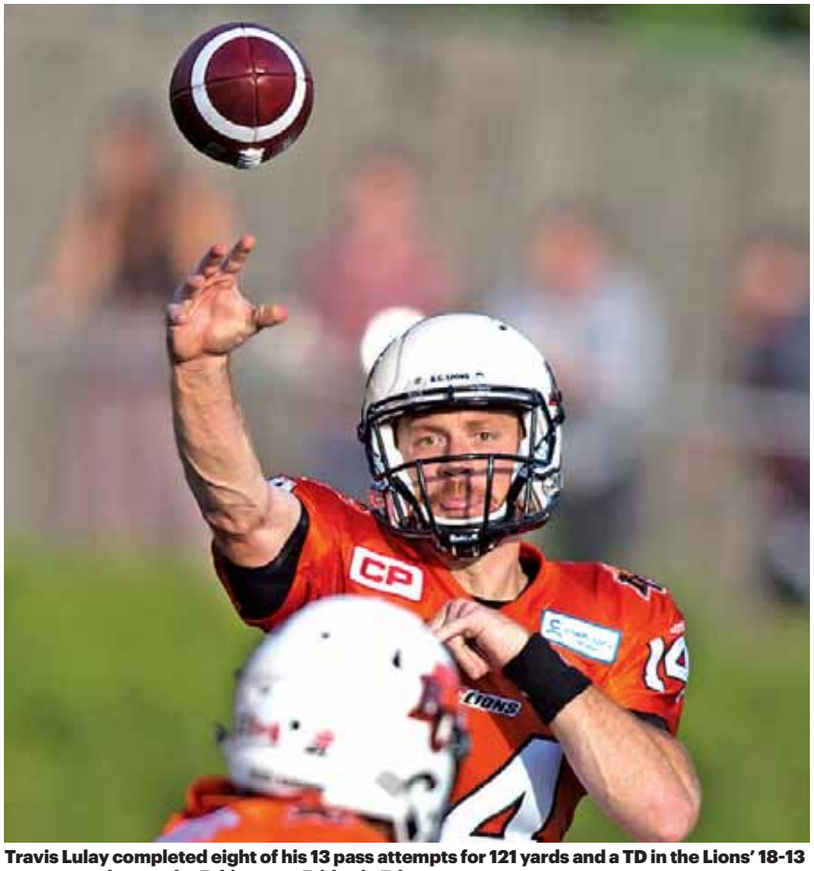

Travis Lulay completed eight of his 13 pass attempts for 121 yards and a TD in the Lions' 18-13 pre-season loss to the Eskimos on Friday in Edmonton. DARRYL DYCK/THE CANADIAN PRESS

Lulay: 'It felt good to get hit'

CFL

Lions QB withstands physical play in pre-season

Cam Tucker
Metro | Vancouver

On the second play in Friday's pre-season tilt, Lions quarterback Travis Lulay stood in the pocket, waited just long enough for receiver Bryan Burnham to get open and delivered a pass for a first down.

Just as Lulay released the ball, he was knocked to the ground.

A first down in the opening drive was a nice start for the Lions, but the bigger question was whether Lulay would pop up from the hit — the first he had taken in a game since last September when he re-injured his throwing shoulder in his only start of 2014.

4,815

Lulay threw for 4,815 yards and 32 touchdowns and won the CFL's Most Outstanding Player award in 2011

"In a weird way, it felt good to get hit," said Lulay. "That's always ... the final test, is doing it with live, moving parts and reacting when you're not thinking about it."

Lulay took a few more hits before his shift ended at the conclusion of the first half. He made some good throws, missed at least two others, and ran the ball twice for eight yards, which was a promising sign.

Lulay's health has been a priority concern for this football team for three years now, given his history of right-shoulder injuries.

John Beck, 33, is the only other Lions quarterback with any CFL regular-season experience — primarily as the backup in his first season last year — and he's been placed on the disabled list to begin the campaign.

The Lions have Jonathon Jennings and Greg McGhee on their roster. Both are young and show potential for the future, but their rookie experience at this level so far consists of training camp reps and preseason snaps.

It's imperative Lulay stay as healthy as possible. Football being a contact sport, however, the hits will occur from time to time.

Lulay did make the wise choice not to attempt a block on a defensive lineman tracking down Harris, the ball carrier, on a running play. He also withstood the physical toll.

"I think he'll come out of this game with a lot of confidence," said head coach Jeff Tedford.

WOMEN'S WORLD CUP

Sinclair is doing more than ever for squad: Coach

Known for her goal-scoring, Christine Sinclair turned provider in helping lift Canada to the Women's World Cup quarter-finals.

After dogged work by Allysha Chapman separated the ball from a Swiss player, Sinclair aimed a cross at Josee Belanger in the penalty box. A Swiss defender headed it away, but only as far as Rhian Wilkinson. The veteran fullback whipped a cross in and Sinclair, anticipating the ball and then outmuscling a defender, poked it to Belanger who fired a left-footed shot past goalkeeper Gaelle Thalmann for a 1-0 Canada win.

Under coach John Herdman, Sinclair is no longer at the front of the Canadian ship. She is there to float the entire boat, making everyone better.

Despite being a key cog in both Canadian victories at the tournament, the 32-year-old forward from Burnaby has drawn criticism from some quarters for her play as the Canadian offence rattled and coughed like a rusty engine in the early going.

Too slow. Past it.

In the Canadian camp, such criticism of their talisman is heresy.

"That woman doesn't deserve to take stick," an emotional Herdman said after Sunday's game. "She's a world-class person, world-class player. She gives everything to this team every single game.

"Look — you put her in a different team, she'll score 20 goals. But look around at the goal-scorers at this tournament. (Sweden's Lotta) Schelin goes home without a goal, (American Abby) Wambach pokes one in. (Brazil's) Marta gets one. International football ain't easy and Sinclair's given everything, every single game.

"Off the pitch, she's doing more than she's ever done before to keep this team connected. She's the pride of our country and she's going to stay that. And we should be proud of what that woman's putting in to this Women's World Cup for our team."

THE CANADIAN PRESS

NEXT TEST

Eighth-ranked Canada will take on No. 6 England, which defeated Norway 2-1 Monday, in the quarter-finals on Saturday at BC Place Stadium.

Christine Sinclair
DARRYL DYCK/THE CANADIAN PRESS

MLB TORONTO DEFEATS DIVISION LEADER Toronto Blue Jays shortstop Jose Reyes crosses home plate and Tampa Bay Rays catcher Rene Rivera after hitting a home run in the Jays' 8-5 victory on Monday in St. Petersburg, Fla. The Jays finished the game with a record of 38-34, two games behind the American League East-leading Rays. CHRIS O'MEARA/THE ASSOCIATED PRESS

CFL drug policy blasted by WADA

DOPING

System labeled 'irresponsible' for failing to ban offenders

The World Anti-Doping Agency slammed the CFL for what it calls an "irresponsible" drug policy.

WADA director general David Howman released a statement Monday saying the league needs to overhaul a system that undermines drug education of amateur athletes at lower levels by failing to suspend players who test positive while competing in other leagues.

"WADA believes that the CFL's anti-doping program is outdated and, quite frankly, irresponsible," said Howman. "We can't stand idly by while a so-called professional organization openly ignores drug-taking by college athletes and, in fact, welcomes them to the professional (ranks) with contracts, money and a 'promise' to educate them away from drug-taking.

"This essentially means that all the educational anti-doping work done at college level and below in Canada is undermined as those who flout the rules ... (and) are rewarded with contracts by the CFL. We believe that clean athletes in sports across the world would be very disappointed to learn of this approach in Canada and that if the CFL respects clean athletes in its sport, they would support them by changing this attitude."

The CFL/CFLPA's 2010 drug policy states that an initial positive test requires a player to be subjected to mandatory testing for two years, but the player is neither named publicly or suspended. A second offence results in a three-game suspension, while a third positive test means the player receives a year-long ban. The CFL has said there have been no second positive tests since the program was enacted.

> **We can't stand idly by while a so-called professional organization openly ignores drug-taking by college athletes.**
> WADA director general David Howman

Five university players did test positive at the CFL combine this spring, but three were drafted into the league anyway and signed to contracts. The CFL said those players will be treated as first-time offenders under the its drug protocol, however, their suspensions handed down in university would not be upheld in the professional ranks.

THE CANADIAN PRESS

IN BRIEF

Canucks resign Kenins

Ronalds Kenins emerged from almost out of nowhere last season to earn a spot with the Vancouver Canucks on their fourth line, providing a hard-hitting style and earning the "Latvian Locomotive" moniker.

On Monday, the Canucks re-signed the 24-year-old winger, who was a pending restricted free agent. The Canucks also announced they had signed minor league forward Alex Friesen, who had 30 points in 60 games with the AHL Utica Comets this season.

Kenins, originally signed as a free agent last summer, started last season with the Comets. But he earned a quick promotion to the NHL, making his debut on Jan. 30.

He finished the season with four goals and 12 points, showing to have a deceptively quick wrist shot, in addition playing a relentless and bruising type of game.

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RECIPE Watermelon Tabbouleh

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Rose Reisman
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Tabbouleh is a classic Middle Eastern dish made primarily with bulgur, parsley, garlic and mint. My version adds sweet watermelon and uses less oil than the traditional dish. Serves six.

Ready in
Prep time: 15 minutes
Cook time: 15 minutes

Ingredients
- 1 cup bulgur
- 1 cup water or stock
- 1 1/2 cup diced watermelon
- 1 cup diced cucumber
- 1/2 cup finely chopped red onion
- 2 green onions, thinly sliced
- 2/3 cup light feta cheese, crumbled
- 2/3 cup diced avocado
- 1/2 cup chopped fresh parsley
- 1/2 cup chopped fresh mint
- 1/4 cup freshly squeezed lemon juice
- 2 Tbsp olive oil
- 2 tsp crushed fresh garlic
- 2 tsp minced jalapeño pepper, or to taste

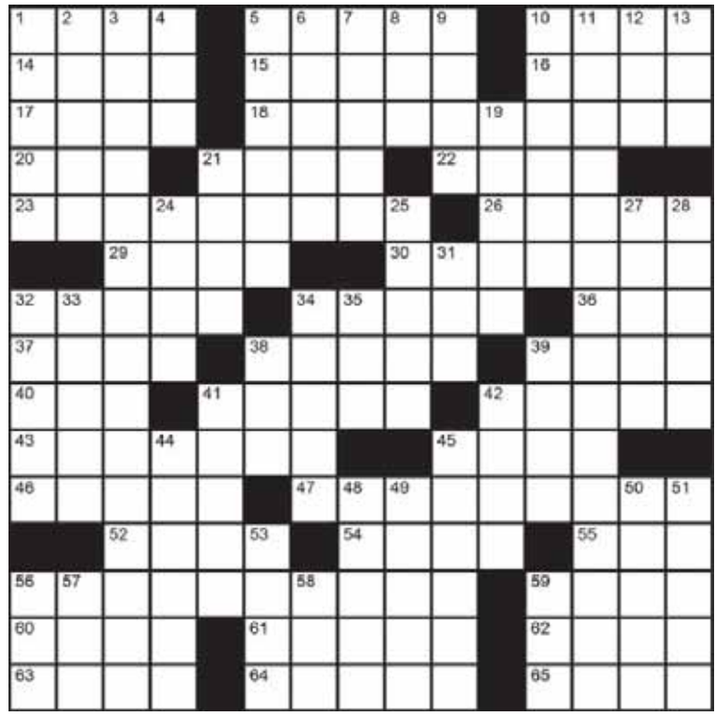
Directions
1. Bring the water to a boil. Add bulgur, cover and remove from the heat and let sit for 15 minutes. Fluff with a fork, place in a serving bowl and set aside to cool.
2. Add the remaining ingredients and mix well.
3. Serve either at room temperature or chilled.

Nutrition per serving
- Calories 206
- Carbohydrates 27 g
- Fibre 8.2 g
- Protein 8.3 g
- Fat 9 g
- Sodium 189 mg

PHOTO: ROSE REISMAN

CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. U.S. military plane locales, commonly
5. Blunder
10. Richard of "A Summer Place" (1959)
14. "_ & Stitch" (2002)
15. Canadian rock producer Bob
16. Buckle site
17. Viva voce
18. Street dubbed 'Le Coeur de Montreal': 3 mots
20. "How Bizarre" group
21. Relieve
22. King
23. AstroTurf: 2 wds.
26. Vary
29. Nudge
30. It's a team's advantage in hockey: 2 wds.
32. Cloud nine
34. Equals
36. Actor Mr. Gulager
37. "_ for Life" by Iggy Pop
38. Helen Mirren and Judi Dench
39. Single-named supermodel
40. Calendar abbr.
41. Rooster's time to shine
42. "_ Rockne, All American" (1940)
43. The _ Bush (Mysterious attraction near Hafford, Sask. ...more at #11-Down)
45. Sulk
46. Ms. Blair
47. Mountaineering hut on the Continental Divide: _ _ Refuge Cabin, a National Historic Site of Canada
52. Greek salad cheese
54. Shakespeare snippet, "...then join you with them, like _ _ of steel..."
55. _-Tac-Toe
56. Facial features created from joy: 2 wds.
59. Grouping
60. Concern
61. Canadian TV channel
62. Roam
63. "_ _ Around" by The Beach Boys
64. "Over the Rainbow" co-composer Harold
65. From square one

DOWN
1. Detached in manner
2. Terra _!
3. "Dimestore Heartthrob" rock duo from Toronto: 3 wds.
4. Pine-_ (Cleaning product)
5. Mr. Depardieu
6. San Gabriel Valley city in California
7. Unshackles
8. '_' _ for Flin Flon
9. Specialized doctors, e.g.
10. Edmonton Oilers player Jordan
11. A what is believed to be the likely cause behind the bent up Aspen grove at #43-Across?: 2 wds.
12. Ms. Larter
13. Days opp.
19. Circle measurements, briefly
21. Some stars have big ones
24. Formerly
25. Farm followers
27. Plaudit
28. Meet up with fellow grads in 20 years
31. Alternatives
32. Allied groups
33. Shady money
34. Zoo attraction
35. Down Under bird
38. Expected
39. _ _ to one's ears
41. Glide on ice
42. Hoda of daytime TV chat
44. Breakfast serving
45. Toxin
48. Commonplace
49. Music: Alla _ (Cut time)
50. Meshed kitchen device
51. Nail alternative
53. Actress Jessica
56. Laboratory subj.
57. Maclean's, e.g.
58. Odd, briefly
59. _-la-la!

IT'S ALL IN THE STARS by Sally Brompton

Aries March 21 - April 20
Something will happen today that makes you wonder if you have gone off in a direction you were not meant to take. However, because mind planet Mercury squares up to Neptune, planet of deception, you must not be hasty. It's still all good.

Taurus April 21 - May 21
If you want to break free of certain restrictions now would be a good time to give it a go. You may not succeed at first but you will gain insights that make success more likely the next time you make the attempt.

Gemini May 22 - June 21
Try not to be too over-confident today. The planets, and your ruler Mercury in particular, warn you could be in serious trouble if you gamble unwisely!

Cancer June 22 - July 23
A degree of caution is called for today. You would be wise to play safe, even in situations where you feel in control. Don't let the world know too much about your plans.

Leo July 24 - Aug. 23
There will be times today when it seems as if the whole world is against you but it isn't true. However, one particular person does have a bee in their bonnet about your relationship. A clear-the-air talk is needed.

Virgo Aug. 24 - Sept. 23
Good news on the money front will lift your spirits today but don't celebrate too much or you could find yourself back where you started. You don't have to spend a fortune to have a good time socially, even less so romantically.

Libra Sept. 24 - Oct. 23
The more certain people warn that you are heading towards disaster the more likely it is that you are heading towards success. Only you know what you are aiming for, so don't let the cynics and critics get you down.

Scorpio Oct. 24 - Nov. 22
You seem to be spending a lot of time looking over your shoulder and wondering who is following you. Chances are no-one is on your case but the trouble with that sort of attitude is it almost invites bad things to happen.

Sagittarius Nov. 23 - Dec. 21
You will get the red carpet treatment today but you are advised to stay modest and, where possible, keep a low profile. If you call attention to yourself you could be a target for gossip and rumour.

Capricorn Dec. 22 - Jan. 20
You are in an optimistic mood but take care your positive outlook doesn't get the better of you and you start making promises you won't be able to keep.

Aquarius Jan. 21 - Feb. 19
Because mind planet Mercury squares up to Neptune, planet of illusion, today you are strongly advised to think before you act. Do not — repeat, not — take a gamble unless you are sure it will pay off.

Pisces Feb. 20 - March 20
By all means be willing to compromise but be careful you don't give in too easily and give others the impression that you can be manipulated. Negotiations will go better if you make the effort to bargain a bit, but it must be from a position of strength.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

3			5		9			4
	8						7	
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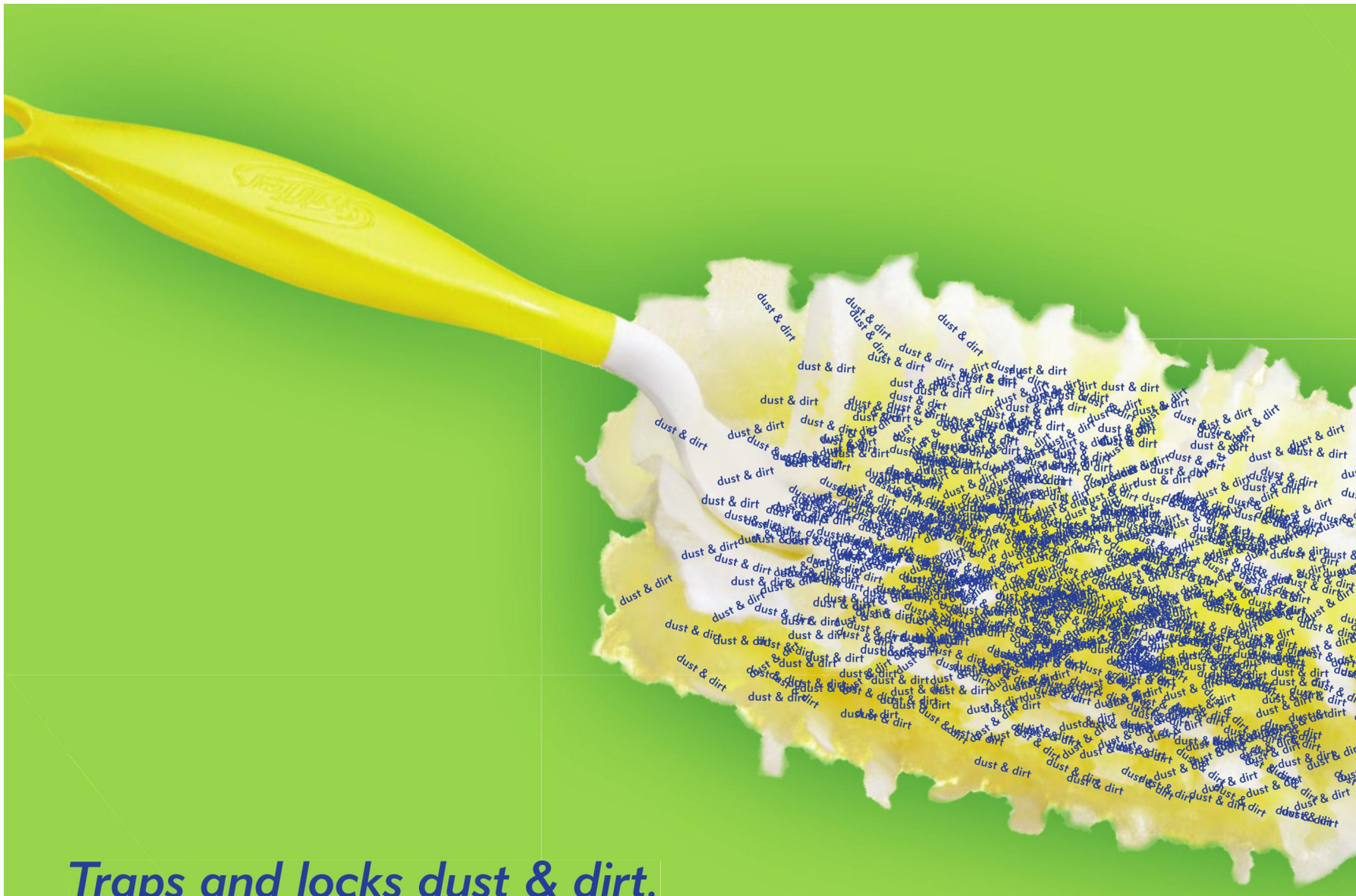

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